



Lemon Pepper Chicken & Crispy Pita Salad

with Garlic Hummus & Golden Dressing

FEEL-GOOD TAKEAWAY

NEW

Grab your meal kit with this number

27



Garlic



Tomato



Carrot



Chicken Breast



Lemon Pepper Seasoning



Pita Bread



Hummus



Spinach & Rocket Mix



Golden Goddess Dressing



Chicken Breast



Fetta Cubes

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Protein Rich

Eat Me Early

Crispy pita chips, check. Lemon pepper-spiced chicken, check. Garlic hummus, check. This dish is a trifecta of tasty flavours and whipped up together into a salad. Delish!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	1 clove	2 cloves
tomato	1	2
carrot	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
lemon pepper seasoning	1 sachet	2 sachets
pita bread	2	4
hummus	1 medium packet	1 large packet
spinach & rocket mix	1 medium packet	2 medium packets
golden goddess dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2670kJ (638cal)	296kJ (71cal)
Protein (g)	49.7g	5.5g
Fat, total (g)	19.9g	2.2g
- saturated (g)	2.8g	0.3g
Carbohydrate (g)	61.8g	6.8g
- sugars (g)	13.3g	1.5g
Sodium (mg)	1267mg	140.3mg
Dietary Fibre (g)	9g	1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **220°C/200°C fan forced**.
- Finely chop **garlic**.
- Roughly chop **tomato**.
- Using a vegetable peeler, peel **carrot** into ribbons.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **chicken, lemon pepper seasoning**, a pinch of **salt** and a drizzle of **olive oil**.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chicken steaks** until browned and cooked through, **3-6 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The chicken is cooked through when it is no longer pink inside.



Bake the pita chips

- Cut or tear **pita bread** into bite-sized chunks.
- Place **pita chips** on a lined oven tray with half of the **garlic**, then drizzle with **olive oil** and season with **salt** and **pepper**.
- Toss to coat and bake until golden, **8-10 minutes**.



Toss the salad

- In a large bowl, combine **pita chips, tomato, carrot, spinach & rocket mix** and **golden goddess dressing**, tossing to combine. Season to taste.



Make the garlic hummus

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add remaining **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl.
- Add **hummus** and a splash of **water** to garlic oil mixture and stir to combine. Season to taste.



Serve up

- Slice chicken.
- Divide crispy pita chip salad between bowls, then top with lemon pepper chicken.
- Drizzle over garlic hummus to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



ADD FETTA CUBES

Sprinkle over meal to serve.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

